



SUPPER IDEAS

source: www.BeefitsWhatsForDinner.com

Crispy Beef Lettuce Wraps with Wowee Sauce

- | | |
|--|---|
| 1 lb. ground beef | 3/4 cup shredded carrots |
| 1/3 cup sliced green onions | Wowee Sauce: |
| 2 tbsps. reduced sodium or regular soy sauce | 1 can (8 oz.) crushed pineapple in juice, drained |
| black pepper | 1/3 cup orange marmalade |
| 8 Bibb, leaf or iceberg | 2 tbsps. reduced sodium or regular soy sauce |
| 3/4 cup sliced water chestnuts | |

Combine Wowee Sauce ingredients in small bowl. Set aside. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, if necessary. Add green onions and soy sauce; season with pepper, as desired. Cook and stir for 1 minute. Evenly spoon beef mixture onto each lettuce leaf. Top with equal amounts of water chestnuts and carrots. Spoon some Wowee Sauce over top. Wrap lettuce around filling. Serve with remaining Wowee Sauce.

Crazy Quesadillas

- | | |
|---|--|
| 1 lb. 90% to 95% lean ground beef | 1/4 cup chopped fresh cilantro |
| 1 jar (16 oz.) prepared salsa with black beans and corn | 4 large flour tortillas (10-inch diameter) |
| 1-1/2 cups shredded spicy Mexican cheese blend | Chopped fresh cilantro |

Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet. Bake in 350°F oven 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Sprinkle with cilantro, as desired; serve with reserved salsa.

Beefy Shepherd's Pie

- | | |
|--|----------------------------|
| 1 lb. 90% to 95% lean ground beef | 1/4 tsp. pepper |
| 1 medium onion, chopped | 2-1/2 to 3 cups prepared |
| 1 jar (12 ounces) mushroom or beef gravy | mashed potatoes, warmed |
| 1-1/2 cups frozen peas | 2 tablespoons shredded |
| | Parmesan cheese (optional) |

Preheat oven to 450°F. Heat large nonstick skillet over medium heat until hot. Add ground beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; stir in gravy and peas and season with pepper. Spoon beef mixture into 2-quart baking dish. Top with potatoes, spreading evenly; sprinkle with cheese, if desired. Bake in 450°F oven 25 to 30 minutes or until bubbly and cheese begins to brown.

Beefy Mexican Lasagna

- | | |
|---|---|
| 1-1/2 lbs. ground beef 95% lean sirloin | 1 tsp. ground cumin |
| 9 corn tortillas | 1-1/2 cups shredded Mexican cheese blend |
| 2 cans (10 oz. each) mild enchilada sauce | Crunchy tortilla strips (optional) (recipe follows) |
| 1 can (15 oz.) black beans, rinsed, drained | 1/2 cup chopped tomato |
| 1-1/2 cups frozen corn | 2 tbsps. chopped fresh cilantro |

Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; stir in 1 can enchilada sauce, black beans, corn and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Spray 11-3/4 x 7-1/2 inch baking dish with nonstick cooking spray. Arrange 3 tortillas in dish, cutting 1 as needed to cover bottom. Spread 1/4 cup remaining enchilada sauce over tortillas; cover with 1/3 beef mixture, then 1/3 cheese. Repeat layers twice, omitting final cheese layer. Pour remaining enchilada sauce over top. Cover with aluminum foil. Bake in 350°F oven 30 minutes. Remove foil; sprinkle with remaining 1/2 cup cheese. Bake, uncovered, 5 minutes or until cheese is melted. Top with tortilla strips, if desired, tomato and cilantro.

Classic Beef Pot Roast

- | | |
|--|--|
| 1 boneless beef chuck shoulder, arm or blade pot roast (2-1/2 to 3 lbs.) | 1 large onion, cut into 8 wedges |
| 1 tbsp. vegetable oil | 1/2 cup frozen peas |
| 1/2 tsp. salt | 2 tbsps. all-purpose flour dissolved in 1/4 cup cold water |
| 1/2 tsp. pepper | Chopped fresh parsley (optional) |
| 1 can (14 to 14-1/2 oz.) ready-to-serve beef broth | Seasoning: |
| 1 lb. small red-skinned potatoes, cut in half | 2 cloves garlic, minced |
| 1 lb. carrots, peeled, cut diagonally into 1-1/2-inch pieces | 2 teaspoons dried thyme leaves, crushed |

InstructionsCombine seasoning ingredients; press evenly onto all surfaces of beef pot roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings. Season with salt and pepper. Add broth to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 hours. Add potatoes, carrots and onion to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 25 to 30 minutes or until pot roast and vegetables are fork-tender. Stir in peas; simmer 5 minutes. Remove pot roast and vegetables; keep warm. Skim fat from cooking liquid, if necessary. Measure 1-1/2 cups cooking liquid and return to stockpot; stir in flour mixture. Bring to a boil, stirring constantly; cook and stir 2 to 3 minutes or until thickened. Carve pot roast into thin slices; serve with vegetables and gravy. Garnish with parsley, if desired.